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Bangalore Mirror

TEMP Max 32 | Min 22 | Humidity 72% Clear with periodic clouds Sensex 62,547 | Nifty 18,534 | Gold 59,750 | Silver 71,973 | Dollar 82.40 | Euro 88.37 | GBP 102.60

Appearance of too many black spots across B'luru has citizens wondering if BBMP marshals are going lax on perpetrators

BUCK UP, MARSHAL ALL YOUR TROOPS

Don't worry, we are fining offenders, say marshals; over Rs 8 cr collected since Sept 2019

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Citizens have seen the efficiency of Bruhat Bengaluru Mahanagara Palike marshals during the covid pandemic. They now want the marshals to collect fines from offenders indulging in creating blackspots in localities with the same efficiency they showed in collecting fines during the covid period. During the Covid period, BBMP is said to have collected Rs 17 crore as fine for violation of social distancing rules and for not wearing marks.

During the covid period, the marshals were seen everywhere in action, collecting fines. From September 2019 to May 2023, the Palike collected nearly Rs 17 crore from covid-appropriate behaviour norm violators. However, ever since the pandemic has receded, the marshals are not up and about, citizens say. Marshals are supposed to keep an eye out for those dumping garbage on the road side, but the number of black spots in the city just keeps growing.

Ajay of Swayam Jagruti told BM, "During covid, we used to see marshals everywhere. Now, no one is

CONTINUED ON PAGE 8 »

"During covid, we used to see marshals everywhere. Now, no one is fined for roadside dumping of waste. Considering the threat black spots pose to street animals, there is a need for serious action
– Ajay, Swayam Jagruti

Golden age for green

Senior citizens group adopts the saplings they plant, wants to bring back local trees

| Garima Prasher
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TWEETS @BangaloreMIRROR

Many not-for-profit organisations in Bengaluru promote tree plantations. But one such establishment stands out. Not just because it distributes saplings free of cost or has planted over 96,000 saplings in Bengaluru over the last 18 years, but for the fact that it was founded and is being run by a group of senior citizens, in their 70s and 80s; some fast approaching 90.

The initiative, christened reforestindia.org was initiated by Janet Sk Yegneswaran in the "third stage" of her life in 2005; a time she describes as a period when Bengaluru's tree cover was dwindling.

"Trees were being axed due to several "developmental" reasons like road widening, construction of underpasses, flyovers, etc. This was the time when people started protesting the loss of green cover. We then decided to go around with volunteers and plant trees for free for anyone willing to adopt them. The sole idea behind the initiative was to bring greenery back to Bengaluru," said 72-year-old Yegneswaran.

PAGE 4
NATURAL HEROES

To date, the organisation has planted 96,000 trees in agricultural land for farmers, schools, colleges, orphanages, old age homes, government land, railway land, residential layouts, army land, air force land, apartment complexes, and along the city roads.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Celebrating birds

Grab the chance to experience 'Wings of Melody', which is an acclaimed classical music ensemble production, inspired by birds and their importance to the world. The music is combined with fantastic visuals and a narrative. Artists such as Suma Sudhindra, Manasi Prasad, Jyotsna Srikanth, Amith Nadig, and more will be performing.
Where: Bangalore International Centre;
When: Tuesday, June 6; 6:30 pm to 8:30 pm

02 Art & craft

The Indian Haat Festival is being organised in the city featuring various artisans from different nations who will display and sell artifacts, toys, designer clothes, and household items. You can find handloom materials, jewellery, multi-coloured linens all under one roof.
Where: Karnataka Chitrakala Parishath
When: June 5 to 11; 11 am to 7 pm

03 Act on stage

Here's a chance for theatre lovers to watch 'Jokumaraswamy', a Kannada drama, which aims to identify the various aspects of patriarchy and how it affects the lives of women. The play is directed by BV Karanth, and is written by Chandrashekhar Kambar. The play also depicts women who expose the moves of patriarchy.
Where: Ranga Shankara
When: Tuesday, June 6; 7:30 pm

When it rains, stomach bug comes out to play

City doctors report rise in cases of gastroenteritis after pre-monsoon showers; advise to avoid outside food that is specially stored, cold, and not well cooked

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TWEETS @BangaloreMirror

For the past few weeks, city doctors have been seeing a sudden rise in cases of patients coming to hospitals with gastroenteritis problems. On average, doctors see 5–6 cases daily, and some even require hospitalisation. Doctors are attributing the surge to pre-monsoon showers and travel.

Dr Pankaj Singhai, Consultant - Internal Medicine, Manipal Hospital, Old Airport Road told Bangalore Mirror that in the last few days after the rain, multiple instances of water contamination have been reported across various parts of Bengaluru.

He said, "We are seeing both mild and severe cases of gastrointestinal infection in the form of severe diarrhoea, which is refractory in nature despite antibiotics, antiamoebic, and supportive treatment. Every day, we see approximately 10 to 15 mild cases in the outpatient department and severe cases requiring emergency administration.

"In emergencies, we have found an increase in the number of causes of typhoid fever, hepatitis A, and amoebiasis. If you have an infection, hydrate yourself and report it to the doctor as soon as possible," he explained.

Dr KS Harshith, Consultant - Internal Medicine, Aster RV Hospital, added that the doctors are seeing a lot of cases of diarrhoea, vomiting, and dysentery, especially in cases with travel histories. "Every day we are seeing 2-3 cases that require hospitalisation. In most cases, there is travel history and it could be due to food or water contamination," he informed.

Furthermore, Dr TR Hemkumar, Consultant - Internal Medicine, Sakra World Hospital, Bengaluru, said that the experts have also been seeing cases of loose stool and abdominal pain for the past two weeks. "The rise could be due to pre-monsoon showers and the intermixing of rainwater and sewage water. During high temperatures, people tend to consume a lot of juice, which also leads to water-related illnesses," he explained.

Doctors are seeing a lot of cases of diarrhoea, vomiting, and dysentery, especially in cases with travel histories

> **"We are seeing both mild and severe cases of gastrointestinal infection in the form of severe diarrhoea, which is refractory in nature** –Dr Pankaj Singhai

Word of advice

Meanwhile, medical experts advised avoiding outside food and drinking only purified water. They asked to avoid eating outside food that is specially stored, cold, and not cooked properly, like chutney, salad, curd, paani puri, sugarcane juice, roadside juices, etc. Avoid using boiled water in cases where filtered water, as well as packed water, is available. Wash and/or peel all raw vegetables and fruits before eating. Drink and eat only pasteurised dairy products (milk, cheese, yoghurt, and ice cream) and juices. It is highly advised to thoroughly cook all meats (meat, poultry, and seafood).

They also asked to wash hands, kitchen work surfaces, and utensils after contact with raw meat or poultry. One should always wash their hands before handling food and between handling different food items. Clean and sanitise all utensils, equipment, and surfaces (cutting boards, work counters, etc.) before and after each use. Be sure to use hot water and detergent to clean, then rinse with hot water. Sanitise food-contact surfaces with a sanitising solution. It is advised to avoid preparing food for others while you have symptoms and for 48 hours after you recover.

Hotel association pushes for 24x7 service

The hotel association has made a renewed request to the state government, urging them to allow hotels to operate round the clock. Despite previous unsuccessful appeals to the government, the hotel association has once again written to Chief Minister Siddaramaiah, seeking permission for 24x7 service.

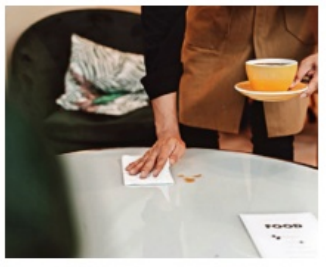
PC Rao, president of the Bruhat Bengaluru Hotels Association, stated, "Both the central government and the state government have accepted the request for 24x7 hotel operations. However, the police department has been denying us permission for the past year, citing a staff shortage. Although the government has issued orders allowing hotels, bakeries, sweet stalls, and ice cream parlours to stay open until 1 am, the police department has yet to grant permission. Therefore, we are submitting another letter seeking permission. If suitable decisions are not made within the next 30 days, we are prepared to fight a legal battle."

Rao highlighted the numerous benefits of operating hotels 24 hours a day, such as increased business opportunities and providing essential services like free drinking water and accessible toilets. He pointed out that neighbouring states like Kerala and Tamil Nadu, as well as Gujarat, Maharashtra, and Delhi, have already permitted round-the-clock hotel operations.

Krishna Raj, owner of Nisarga Hotel, said, "Hotels will open wherever necessary, not everywhere. Milk and newspaper suppliers, farmers transporting produce to markets, media professionals, airport and bus station travellers, IT/BT professionals, daytime saving travellers, and other night shift workers all need access to clean and hygienic food after 11-12 pm. Where will they find it if hotels are closed?"

However, some hotel owners expressed concerns about the health implications for workers and owners if hotels were to operate 24x7. They said that workers have families and personal lives, and subjecting them to all-night work shifts would be unfair.

To make the 24x7 model successful, there is also a demand to allow round-the-clock operation of transportation services. While the Bangalore Metropolitan Transport Corporation (BMTC) currently operates skeletal services at night, most operations end around 10-11 pm, and the metro service closes before midnight.



A hotelier suggested, "Initially, we want to open hotels from Friday night to Sunday night. The hotels may operate at night on highways, airport roads, and bus stands. However, merely opening hotels may not be effective unless malls, shops, and other commercial establishments also remain open."

On the other hand, resident associations have voiced opposition to this proposal, citing noise and parking issues caused by hotels in their neighbourhoods.

— Prithvi Prasad

How to turn your building green

According to the Indian Green Building Council (IGBC), as of 2021, India has achieved 7.17 billion sq ft of 'green building footprint'; and is expected to reach around 10 billion sq ft by the end of 2022. And while it is a step in the right direction, many of the existing buildings are not very sustainable. Hence, read on to understand what steps can be taken to make your existing home or building greener than before.

Consider this before turning your existing building into a green building:

There are two types of structures – load-bearing (main walls of the building, roof, and foundation) and framed (beams, columns, slabs). "Internal walls of a framed structure, though tricky, are one of the easiest to be replaced. You can use lighter material (in weight) as an alternative. For instance, partition walls can be replaced by more sustainable alternatives such as compressed bamboo/straw/gypsum boards," says Gauri Shenoy, co-founder and chief architect, GoodLiving.Eco. Keep in mind that before you undertake the above alterations, you will have to get the structure assessed by a certified structural engineer.

Elaborating on permissions required, civil engineer Shashank Phadke, who is associated with a redevelopment firm, says, "Permissions aren't required for internal renovations (inside one's house) in any state. However, you need to get permission from local authorities before making any structural or floor plan changes as they are region-specific. For instance, in Bengaluru, you must get an NOC from the BBMP in case you plan to use sustainable materials, such as clay-based plasters, to fill minor cracks on the building walls instead of using cement plasters."

How to turn your home into a sustainable space

Shenoy suggests a few things that can be done at an individual level:

- Buy electrical appliances that have a minimum of three-star rating;
- Use LED lights and bulbs;
- Use lights that work on solar energy, especially in outdoor gardens, porches, or balconies;
- Use sprinkler taps/or censor-driven taps to ensure less water wastage. This can be done for taps/faucets in the kitchen and bathrooms. Low-flow shower heads can also be used in bath areas;
- If you are looking to change your flooring tiles, use red oxide as oxide keeps the floor cooler;
- Another way to avoid usage of ACs is by having thick curtains and window treatments as they restrict entry of excessive heat, keeping the house cooler;
- Use water-based paints or the ones with a lower VOC (volatile organic compounds) content.

A basic plan for your building:

Get a structural consultant on board to examine the current situation of the building. Then consult an architect, rainwater harvesting expert, solar experts, and sewage system consultant;

As per the suggestion of all experts, ask the architect for drawings/layout that need to be submitted to the local authority. You can even hire a liasoning architect to do this;

Once the NOC is received, work can begin;

Hire a trustworthy contractor or ask your architect to suggest one and discuss rates with him/her;

Ensure that the same material is used by the contractor, as suggested by the architect and structural designer;

Structural changes/repairs can be started first, followed by rainwater harvesting structures, and sewage treatment modifications;

Then, solar panels can be installed as per the system best applicable to your building.

— Gauri Shenoy, architect, Times Property

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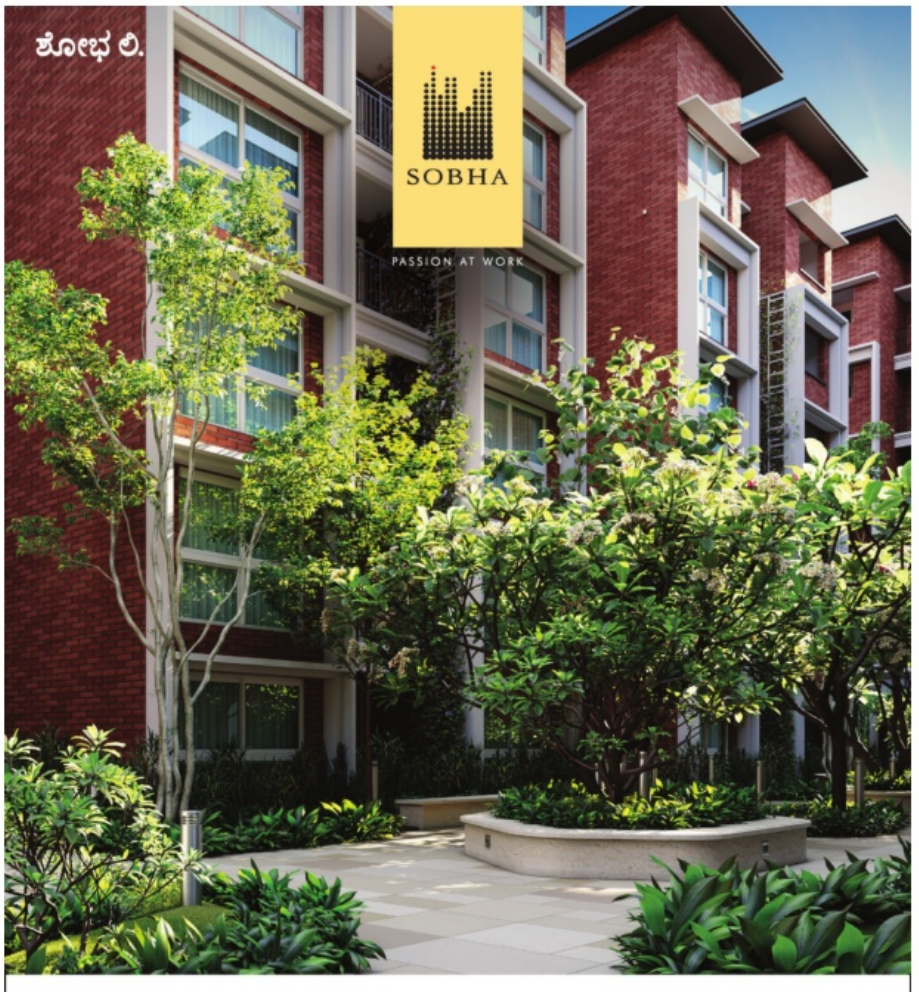
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World Environment Day

It's in their nature

This Environment Day, we feature 4 citizens who would do anything to keep B'luru green

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Green thumb

Savita Hiremath is a city-based independent journalist, who has been contributing to environmental conservation through a zero waste system that she put in place in 2012 for her community.

"I began participating in environmental preservation programmes in 2009. I took the zero-waste system forward in 2012 to reach more and more apartment communities across the city," said Savita Hiremath.

Hiremath is a member of Solid Waste Management Round Table (SWMRT). She is the founder of Endlessly Green - Solid Waste Management Solutions which specialises in designing and manufacturing aerobic composters, and promotes organic gardening essentials.

"I am very happy to reach out to various apartment communities not only in the city but also across Karnataka and important cities in the country," she said.

Tree man

Sreeram M, a resident of Manjunath Layout of Anandapuram, is a is a well-known green warrior in and around KR Puram. Sreeram, as a student of Shree Siddaganga Mutt, used to participate in planting saplings during his school days.

"I used to carry seed balls while visiting temples at different locations. I used to throw those seed balls at vacant spaces near the temples," said Sreeram.

Sreeram, who works with Small Industries Bank of India, has successfully planted around 10,000 saplings in and around KR Puram. "I began planting saplings at a temple at Anandapuram. Later, I planted hundreds of saplings on both sides of Vinayaka Temple Road that connects Anandapura with KR Puram," says Sreeram with a smile.

Sreeram's weekend begins with watering saplings that were planted by him. "I have to thank my friend Muniraju who works with ISRO for assisting me watering the saplings. I planted saplings on Old Madras Road, Police Quarters, ITI compound, ITI Ground, Railway Parallel Road and other areas," he said.

The Aikya Foundation has donated a trolley fitted to a TVS 50 moped to Sreeram to facilitate carrying more water in plastic pots for watering the saplings.

Live for lakes

K Balaji, also known as Balaji Raghotham, has been working for more than two decades to create awareness among citizens on the importance of water bodies and the need to plant saplings, especially in Bengaluru East.

"Initially my friends and I began planting saplings at residential layouts around KR Puram in 1996. Later, I had to discontinue for a few years due to official assignments that demand frequent travelling. Later I began planting saplings at Seegehalli Lake and then extended it to other nearby lakes," said Balaji.

As of now, Balaji is visiting 13 lakes in Bengaluru East and Mahadevapura Zone during the weekends. "My weekend begins with visiting water bodies to take care of saplings. I have ensured one or two volunteers at each of the water bodies. I organise awareness programmes and cycle rallies to create awareness among the people who visit the lakes for a walk on the importance of preserving greenery. I also motivated and encouraged walkers to bring water in bottles or plastic cans for watering the withering saplings around the lakes," said Balaji.

Balaji has also set up bird perches at 13 lakes. "I set up bird perches at various water bodies with the help of some volunteers from Seegehalli, Battarahalli and other areas," he said. He also motivated home guards posted at lakes to water saplings planted on the lake bunds.

Green warrior

Meet **Tejaswini K**, the vice president of Save Green, an environmental non-government organisation. Passion for social work made Tejaswini quit a government job. "My father was a social worker. I used to participate in social programmes along with my father. I used to work in the accounts department of Chintamani Taluk Office. My passion towards social work made me quit the government job," says Tejaswini with a smile.

After establishing Save Green, Tejaswini participated in a number of plantation programmes at various locations not only in the city but across the state. "I attended the programme to plant around 100 saplings at Jeevan Bhima Nagar in 2009. Later, we planted thousands of saplings at Viveknagar, LB Sastry Nagar, Nagawara, Munnekolala, KR Puram, Binnamangala, Gottigere and other areas. As of now, we have around 3,000 volunteers to take up planting saplings at different locations," says Tejaswini.

She said that her joy knows no bounds when she sees grown up trees that were planted by Save Green volunteers.

The volunteers also participated in programmes to remove posters and advertisements nailed or stuck to trees in and around HAL and New Thippasandra.

All for the greater, greener good

On account of environment day, 260 members of various institutions such as IFIM College, UVCC, BMS College, Nrupathunga University, Sudarshan Vidya Mandir Amrita Vidyalayam, Village, RBL Bank and few others planted 100 saplings behind NSS Bhavan in Bangalore University.

The drive was conducted in association with Adamya Chetana Foundation. Srikanth, incharge of Green Sunday activities of Adamya Chetana Foundation said that their goal is to achieve the ratio of humans and trees as 1:1. Dhruva from BMS College and a volunteer of ACF said, "I have been with Adamya Chetana since Class 9. It has been 388 Sundays of participating in such events. I am happy as well as proud to be a part of this program." Professor BB Venkatesh from IFIM college, Bengaluru said he was a part of the 50th and 100th weeks. "We need to realise that this is not a one day affair but a continuous practice," he said. Sodari Nivedita Pratishtana tied up with Adamya Chetana for the plantation drive.

—Abhijeet Kabad

Students participate in sapling planting event at Bangalore University premises

Prestige Group aims for a sustainable future

The Prestige Property Management team led by Javed Shafiq Rao, Senior Vice President, PPM, has announced a tree planting initiative at Prestige managed properties where a large number of trees will be planted as a part of the global celebration on the occasion of world environment day. "Further, a 50+ member team composed of young and energetic individuals have selected a famous tourist and Heritage spot Nandi Hills where a plastic collection drive is being organised. This will also give an opportunity to educate people on the harmful effects on use of plastic. "Now, these drives are just the beginning of an ongoing commitment to tackle the Environmental concerns and to create a cleaner, healthier, and more resilient world for ourselves and the future," said a release from Prestige.

JUST IN TIME FOR SCHOOL

Another dress code reset plea

Child rights panel urges education dept to allow girl students to wear pants instead of skirts

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The Karnataka State Commission for Protection of Child Rights has recently written to the Education Department, urging the implementation of a revised dress code for girl students in private schools across the state by replacing skirts with pants or churidars. Presently, the uniform for girl students in private schools consists of a shirt and skirt, which has resulted in uncomfortable and embarrassing situations for many girls. To address this issue, the commission recommends replacing the skirt with either churidars or pants. It is worth noting that churidars are already prescribed as the uniform in government schools.

Suraksha S, a parent, expressed her support for this proposal, sharing her concerns about her daughter's discomfort during the upcoming monsoon season.

"While my son is allowed to wear pants, my daughter is compelled to wear skirts. Despite my request to the school, the daughter is not allowed to wear pants on the grounds of violating the dress code. I hope that the government will soon make a decision to allow girls to wear either churidars or pants in all schools," she said.

The commission mentioned in its letter to the government that many girls wearing skirts face difficulties while traveling in congested areas, cycling, or participating in sports. Numerous complaints from girls regarding this issue have been received by the commission. Therefore, to ensure the overall comfort of the girls, it is recommended to introduce churidars or pants as part of the uniform.

K Naganna Gowda, chairman of the commission, said, "Girls wearing skirts face issues while sitting on the floor, travelling in vehicles, and walking in crowded areas, especially during cycling and active participation in sports. Considering these concerns, I have recommended to the Education Department to remove uniforms that do not contribute to the well-being and protection of children."

Certain schools have adopted knee-length skirts as their uniform to enhance their reputation, particularly for female students. Despite parents' reluctance, many schools have yielded to pressure and enforced the skirt uniform.

Reacting to this, a school principal said, "As it has been observed that girl students are not comfortable with the current uniform, we are not prescribing the same. I have seen how wearing a skirt hinders their participation in mandatory yoga classes." Currently, there are a total of 17,277 private schools, with approximately 9.68 lakh students. The Education Department currently lacks regulations pertaining to the enforcement of dress code.

Crucial meet today on textbook revision

Chief Minister Siddaramaiah has convened an important meeting on Monday evening to discuss the revision of textbooks with education experts and officials, according to Primary and Secondary Education Minister Madhu Bangarappa.

He stated, "The textbooks were previously revised in a manner that sowed hatred. As we had promised in our manifesto to revise the textbooks printed by the previous BJP government, we will reexamine the revisions. However, for the current academic year, textbooks have already been printed and distributed to schools. Therefore, we may not want to completely overhaul the textbooks for this academic year at this stage. Nonetheless, the CM will decide on the removal of certain controversial texts from the curriculum for this year."

The state government is also considering scrapping the National Education Policy (NEP) introduced by the BJP government. However, a final decision on the cancellation is yet to be taken.

KSRTC bus runs over woman

A woman died on the spot after getting hit by a KSRTC bus near Sangolli Rayanna Bridge. The deceased has been identified as Lata.

The deceased woman and her husband were going to a clothes shop on a bike for shopping. At that time, while getting off at the flyover, a bus came fast to the right; the rear of the bus touched the two-wheeler, and both fell on the road. Following that, the bus ran over the woman. A case has been registered at the Upparpet traffic police station. **BMB**

Five booked for posing as recruiters

Five accused have been arrested by Highgrounds police for making fake recruitments to BESCOM after defrauding people. The accused have been identified as Vaibhav, Shivprasad, Vijay Kumar, Pradeep, and Purushottama. They have been arrested on the charge of cheating individuals by making fake recruitments for Rs 20 lakh. They put a fake seal in the name of BESCOM Assistant Executive Engineer and gave it to the job aspirants who paid money. **BMB**

Woman claims harassment after criticising CM Yogi

A woman has lodged a complaint at the Soladevanahalli police station, alleging that people are harassing her because she made remarks against Uttar Pradesh CM Yogi Adityanath. The woman, named Manjula, did a Facebook live against Yogi but was later threatened by people online. The woman has alleged that the miscreants have leaked her phone number on social media and are constantly calling and abusing her. **BMB**

This trio is set to perform in Edinburgh

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A team of three from a Bengaluru-based dance company has been selected to perform for the Edinburgh Fringe Festival 2023 to showcase Indian dance culture to the folks in Edinburgh, Scotland. They will take Indian folk dances such as Garba and Bharatanatyam along with Scottish guitar music to create a new genre of dance that will premiere in Edinburgh.

The Edinburgh Fringe Festival is the world's largest performance arts festival. Established in 1947, the Edinburgh Fringe Festival hosts over 3,000 shows and over 60,000 performances.

The trio Priya Varunesh Kumar, Sangeetha Jayaram, and Meghana Balaji are from Piah Dance Company, an Indian contemporary dance company started in 2011, known for their innovative fusion of traditional Indian folk arts with Bharatanatyam in a contemporary form. The team is the only one in the country that is making it to the Edinburgh Fringe Festival 2023 in August.

Piah Dance Company will be working alongside renowned Scottish musician Simon Thacker to create the world premiere of 'Tandava'. Drawing inspiration from Indian classical and folk traditions and infusing them with a contemporary aesthetic, Tandava promises to transport audiences on a captivating rhythmic journey.

Priya Varunesh Kumar, choreographer and artistic director of Piah Dance Company, told Bangalore Mirror that Tandava will take influences from Gujarat and Rajasthan folk dance forms like Garba and Teratali, along with Bharatanatyam, and weave them into a contemporary movement vocabulary.

"This production lays a lot of emphasis on rhythm, so you will see a lot of konnokols and rhythmic claps in interesting mathematical combinations. There is also a special light design element where the dance and light will play with each other," she said.

Talking about how she feels about being selected for the festival, she said, "We are thrilled and honoured to have been selected for the esteemed festival. Our vision is to showcase the richness, and depth of Indian folk arts while adapting them to modern sensibilities."

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JK Memorial Central School has got 100% result From 2014 to 2023 consecutively in CBSE SSLC examination. It is special that the student of this school has got state rank in 2021-22. Another pride of this school is that hundreds of children who have studied in the lap of Nature have got Govt. medical and engineering seats for free and they have held high positions in many parts of India and abroad.
J.K. Memorial Central School
Kamenahalli, Madhugiri Rd., Koratagere Tq., Tumakur Dist. Ph.: 8722971663 / 9844546717

Allegations, counter allegations continue

'Illegal commercial activities' continue to distress Coffee Board Layout residents

| Y Maheswara Reddy
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Rama Mandira in Coffee Board Layout in Bengaluru North is once again in the news for wrong reasons. The temple was renovated a few months ago, but construction activities on the premises still continue. A few residents alleged that the Sri Rama Seva Samithi Trust has been carrying out construction activities on the temple premises in violation of the norms.

"I am not against a temple on the CA site meant for a park. Sri Rama Seva Samithi Trust members are carrying out construction activities. Initially, they constructed a room for themselves, and later, one more room was added. Later, they constructed a shelter for the priest and a kitchen for preparing prasada. Now, they are extending the kitchen," said Kosalram, a resident.

He said the construction activities are going on without permission from the Bruhat Bengaluru Mahanagara Palike (BBMP). "The Supreme Court ordered the demolition of illegal temples at public places. I am of the opinion that the ongoing construction activities on a site meant for a park are in violation of the order passed in 2009," he said.

"I am not against a temple on the CA site meant for a park. They are doing construction work
– Kosalram, resident

Belle Ravivarma, an advocate and resident of the layout, said that no commercial activities should be carried out on the temple premises.

Expressing a similar opinion, Tejaswini K, a resident, said that commercial activities on the temple premises are a blatant misuse of public trust and space to further the commercial ambitions and vested interests associated with the people maintaining the temple. "The self-appointed committee has been continuously breaking the law, including felling of trees in the park premises to the detriment of the green cover of the layout," said Tejaswini.

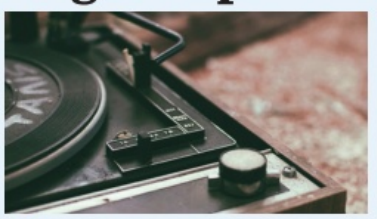
However, Sri Rama Seva Trust Committee members have denied carrying out commercial activities. "We did not collect money from those who want to organise religious or family functions on the temple premises. We accept donations given by them voluntarily," said Shree Shaila, a trustee of the Sri Rama Seva Trust Committee.

Nagendra K, a trustee, told Bangalore Mirror that the construction of a temporary shed is ongoing as the existing kitchen is not sufficient. "We are not constructing any structure but only a temporary shed," he said.

Sri Rama Seva Trust Committee president Madhukar said that amenities are being provided for the devotees. He added that a few residents are unnecessarily complaining to the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities. Coffee Board Layout Residents' Welfare Association president, L Nagendra, said that most of the residents have no issues as far as the existence of the temple is concerned. A BBMP assistant engineer said that a resident has complained against illegal construction activities on the temple premises. "I have deputed a works inspector to the spot. I will visit the spot shortly as I am busy attending meetings," said the assistant engineer.

IN BRIEF

Cases registered against pubs



A total of 20 cases have been registered against establishments who have violated the noise limit in the central, western, and southern divisions of the city. A total of four cases have been registered against pubs in the central division, five in the western division, two in the industrial area of Byadarahalli police station limits, and eight in the south division. According to the police, in the next few days, special operations will be continued and action will be taken against noise violators across the city. **— BMB**

Don't cut milk procurement price: CM

Karnataka Chief Minister Siddaramaiah on Sunday directed the Karnataka Milk Federation (KMF) not to cut the milk procurement price fixed by the government for the producers. Following reports that the KMF has decided to reduce the procurement price in view of bumper milk production in the state, the Chief Minister gave directions to the Federation's Managing Director. The Chief Minister told the KMF MD that any decision regarding the reduction in procurement price should not be taken abruptly, a government statement said. The Chief Minister further said that any deduction in procurement price will cause problems for milk producers. **— PTI**

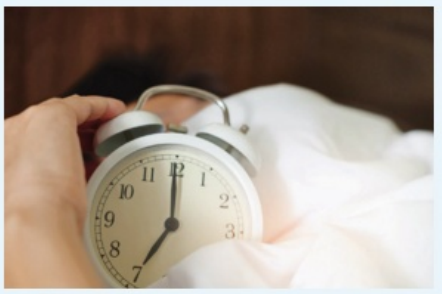
NOTES FROM THE FIELD

Free power? No thanks

With the government announcing free power for those consuming 200 units, it is interesting to note how many officers are availing of this offer. Deputy CM DK Shivakumar revealed that many officers have already written to him stating their refusal to accept the offer. Even Chief Secretary Vandita Sharma, who consumes less than 150 units, has declined the offer. Shivakumar himself, despite his home being registered under his wife's name, has chosen not to take up this offer.

Rise 'n shine

Students residing in government hostels now have a new assignment - they must wake up at 5:30 am instead of the previously allotted time. Pradeep Eshwar, recently elected MLA from Chikkaballapur, has instructed students in government hostels to adopt this new time in order to instil discipline in them. However, now it is to be seen whether students will take this new assignment seriously. This can also pose a challenge for students who have a habit of staying up late at night.



Guaranteed 'fight'

The guarantee scheme introduced by the Congress party has become a point of contention between the ruling party and the opposition. MLA R Ashoka from Padmanabhanagar held a press conference urging people not to pay their electricity bills in protest. However, when questioned about Ashoka's comments, MLA KM Shivalinge Gowda from Arsikere firmly stated that they would not spare Ashoka if he failed to pay the bill, emphasising that these projects are meant for BPL individuals and not former ministers.

No cameras

During a meeting with BDA officials, Deputy CM DK Shivakumar noticed some officials attempting to record the proceedings. Expressing his anger, the minister promptly instructed the officials to refrain from recording with their mobile cameras. He also warned them that any external leaks of the videos would result in appropriate action being taken against those responsible.

Granddaughter steps in

Amidst the intense lobbying by Congress MLAs for ministerial positions, a unique incident unfolded. A young girl wrote a letter to Congress leader Rahul Gandhi, accompanied by a photo, requesting that her grandfather, Sira MLA TB Jayachandra, be appointed as a minister due to his seniority among the MLAs. This gesture from the child added an interesting twist to the ministerial selection process. **— Sridhar Vivan**

Stranded in city, paralysis patient lives nightmare

Farmer from Bengal is among worst affected of passengers stranded after train disaster

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Tapan Ghosh, a farmer from Binodpur in Malda, West Bengal, was overjoyed when he was admitted to NIMHANS for paralysis treatment 15 days ago. He was discharged on Friday morning.

Ghosh, along with his wife, and relative, Bipin Pramanik, were ready to return to their hometown on Friday night. They arrived at Sir M Visvesvaraya Terminal on Friday evening, only to be shocked by the announcement of the cancellation of the Guwahati Express due to a tragic train accident in Balasore, Odisha.

"We didn't know what to do when the railway authorities announced the cancellation of the Guwahati Express which was supposed to depart from this station at 11:40 pm on Friday night. We tried to board other trains, but couldn't because there were no available tickets," he said.

They also did not have enough money to afford a room at a nearby lodge or buy food. They were relying on food being distributed by volunteers in association with Bruhat Bengaluru Mahanagara Palike (BBMP). "We don't have much money since we come from a poor family. We work as agricultural laborers in Binodpur. We relied on the free food distributed at NIMHANS. Now, we've been dependent on volunteers for food since Saturday. We've been pleading with the railway authorities to help us buy train tickets, but to no avail," said Bipin Pramanik.

It is said that the railway authorities advised them to board the Howrah-bound train, but they couldn't do so. "He is a paralysis patient and needs a seat to sleep. It will be difficult for his wife to sleep on the floor of the train compartment. I can manage to sleep on the floor, but it will be tough for him and his wife," said Pramanik.

With no other option, they have to wait until Tuesday to board the Guwahati Express if their tickets get confirmed. "Our tickets are still on the waiting list. I appeal to the railway authorities to help us," he said.

The volunteers of Namma Team, in association with BBMP authorities, have been distributing food and drinking water among the stranded railway passengers. When Bangalore Mirror brought Ghosh's plight to the attention of Namma Team volunteers, Nanda Kumar, a volunteer, assured that they would take care of him and his relatives. "We will definitely help them," said Nanda Kumar.

Restoration work underway at the site of the triple train accident, on Sunday. Inset: Tapan Ghosh with his wife and relative Bipin Pramanik stranded at Sir M Visvesvaraya Terminal in the city

> **He is a paralysis patient and needs a seat to sleep. It will be difficult for his wife to sleep on the floor of the train compartment**
>
> – Bipin Pramanik, relative of Ghosh

Kumar mentioned that the volunteers provided lunch for 1,800 railway passengers and dinner for 2,000 passengers on Saturday, and breakfast for 2,000 railway passengers on Sunday morning. "We stop supplying food as soon as all the stranded railway passengers have boarded the train to their destinations," said Nanda Kumar.

Meanwhile, BBMP Chief Commissioner Tushar Giri Nath tweeted that the movement of trains from Bengaluru to West Bengal and Eastern States was affected due to the train accident. Passengers were stranded at Sir M Visvesvaraya Terminal at Baiyappanahalli and Yeshwanthpur. "Authorities are providing basic necessities to stranded passengers," Nath tweeted.

Last-minute call turns saviour

| Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

In a stroke of luck, the volleyball team from Karnataka had a narrow escape from the ghastly train accident as a section of the players decided not to board the ill-fated Shalimar Coromandel Express at the last minute. Mamata Shetty, the coach, who flew to Bengaluru on Sunday, said, "We were actually supposed to travel by the Shalimar Express, but missed it. I am worried that if we had taken the train, so many students could have lost their lives." A total of 34 people, including 24 players (12 boys and 12 girls), had travelled to Kolkata to participate in the 45th Sub-Junior National Volleyball Championship (boys and girls) held at Chandernagore, Hooghly (West Bengal) from May 28 to June 1.

Shetty shared that around 12 girls had reservations on the Coromandel Express, and they were about to board the train as the rest of the team members were scheduled to take the Howrah-SVMT train. "Just before boarding, I received a call from my superior in Bengaluru who instructed us not to board the train as the entire team had not obtained seats. He asked us to deboard and regroup," she further said.

The site of the accident on Sunday

It was during this time that news of the train accident reached them, causing panic among the team and worrying parents who tried to contact them. "Fortunately, we encountered Meghana, a native of Mandya, working in the Indian Railways, who offered us shelter and food. The West Bengal Association reached out to assist us in arranging accommodation at a youth hostel. Eventually, with the help of the Karnataka government, a flight was arranged to bring us back to Bengaluru," she added.

Another coach shared their experience, saying, "As we couldn't secure train reservations to Yeshwanthpur, we were informed that we were to board the Coromandel Express. It was very tough to stay in Kolkata as the daytime temperatures were very high, and we were getting dehydrated. We were worried about the train cancellations and how we would reach Bengaluru." One of the girl students said that there were issues with the women's toilets when they were stranded in Kolkata, and due to the heat, many of them developed skin allergies. Another girl student said, "We faced numerous health issues, and two of the students fell ill. We had to arrange for their return home, but it was not possible at the time due to train cancellations. Finally, we reached Bengaluru on Sunday."

Sadly, a resident of Jalpaiguri, West Bengal, who was traveling on the SVMT and Howrah trains, is reported to have died in the accident. He was working in a hotel in Bengaluru. Many others, however, managed to escape death by a stroke of luck.

Meanwhile, railway officials said that the down main line was made fit on the Balasore sector by Sunday afternoon. "Earlier, all coaches that were capsized and derailed were grounded. The site was cleared from bogie/wheel sets. Track linking and overhead electrical work was also going on," they informed.

Pulled 44 people out alive: NDRF

As the nation mourned the loss of lives in the horrific triple train accident in Balasore, the National Disaster Response Force (NDRF) said on Saturday that their personnel pulled out 44 passengers alive from the mangled coaches of the passenger trains and retrieved 112 bodies.

The NDRF added that its personnel were conducting a last round of search with the help of other agencies.

"After rescuing 44 live victims & retrieving 112 bodies till now, NDRF teams conducting Final Search with other agencies," tweeted NDRF.

Meanwhile, the spokesperson for the Ministry of Railways, Amitabh Sharma, on Saturday, informed that a total of 58 trains had been cancelled, 81 diverted, and 10 terminated in light of the accident.

Sharing details about the ongoing restoration work, he said it was underway in full swing and they will work to ensure restoration of services on the downline first. **-ANI**

CBI probe into train accident?

The Railway Board has recommended a CBI probe into the Balasore train accident that has so far claimed 275 lives.

"We have recommended a CBI probe into the triple train accident that claimed 275 lives and left over 1,000 injured," Railway Minister Ashwini Vaishnaw told reporters in Bhubaneswar on Sunday evening.

The Centre along with the support of the state government are giving all support to the injured patients who are admitted to various hospitals in Balasore, Cuttack and Bhubaneswar.

"Patients are being given all facilities in hospitals. There are teams of doctors who are taking care of patients round-the-clock," Vaishnaw said.

He said the government was trying to get in touch with the families of the deceased. **– PTI**

Litterbugs must pay

CONTINUED FROM PAGE 1

fined for roadside dumping of waste. Considering the threat black spots pose to street animals, there is a need for serious action. Some residents are dumping waste on roads at night."

Anju of Banaswadi area said that there has been a slight improvement in blackspots but commercial waste is a problem. "On the 9th main, HRBR Layout, people are dumping waste in the open space. Mostly it's commercial waste. I took a picture and sent it to Junior Health Inspectors but it did not help," she added.

Pulikershinagar residents are so fed up with the situation that they have taken the matter into their own hands. "We have been seeing black spot formations at Moore Road, Mosque Road, MM Road, and Spenser Road. We have been clearing the blackspots without the direct help of BBMP officials. We take the help of pourakarmikas to get the area cleaned," said Abdul Shakeeb, a member of the residents welfare association of the area.

However, marshals beg to differ. They told BM that they have been collecting fines throughout. "We have been collecting fines from offenders. But at night when we catch offenders, they try to reason with us saying that they have to go to work early and are unable to hand the waste over to auto tippers. When they come back from work, they throw it at the roadside. Many times, they say that the house owners don't allow them to keep the waste outside when they leave. We try to create awareness about the timings of collection and don't penalise residents who face such practical problems," said a senior BBMP marshall.

As per data accessed by BM, from September 2019-May 2023, the Palike has collected Rs 8,93,37,376 for improper solid waste management, Rs 2,44,56,544 for banned plastic usage, and Rs 12,78,000 for construction and demolition waste dumping.

Will monsoon keep its date?

IMD anticipates some delay in onset of rain in Kerala

Monsoon 2023 seems to have missed its date with Kerala. On Sunday, the India Meteorological Department (IMD) said it anticipated a further delay of three to four days for rains to begin.

"Conditions (are) becoming favourable with the increase in westerly winds over the south Arabian Sea. Also, the depth of westerly winds is gradually increasing and today, June 4, the depth of westerlies has reached up to 2.1 kilometres above the mean sea level," the IMD statement read.

In mid May, Met department had said the rains might arrive in Kerala by June 4 this year. As per IMD's logs, the southwest monsoon normally sets in over the state on June 1. It shows a standard deviation of about seven days.

The cloud mass over the southeast Arabian sea is increasing, IMD said. It said it expected favourable conditions over Kerala to further develop in the next three-four days. Further updates will be given on Monday, it added. Scientists, meanwhile, said they didn't expect the monsoon delay to hit kharif sowing and total rainfall this year. Last year, the rains had arrived in the state on May 29.

It was June 3 in 2021, June 1 in 2020, June 8 in 2019 and May 29 in 2018. Earlier this year, the IMD had said India would likely get normal rainfall during the southwest monsoon season despite the developing El Nino conditions.

The El Nino conditions this year comes after three La Nina years at a stretch. La Nina — the opposite of El Nino — typically causes good monsoon rainfall. As per the predictions for this year, Northwest India is likely to get ee normal to below-normal rainfall.

East and northeast, central, and south peninsula are expected to get normal rainfall — 94-106% of the long-period average (87 centimetres). It may be noted here that the IMD considers rainfall between 96 and 104 per cent of a 50-year average of 87 cm as 'normal'.

Rains less than 90 per cent of the long-period average is considered 'deficient', between 90 per cent and 95 per cent is 'below normal', between 105 per cent and 110 per cent is 'above normal' and more than 100 per cent is 'excess' precipitation.

Normal rainfall is crucial for agriculture in India — as much as 52% of the net cultivated area is dependent on it. It is also critical for the replenishment of drinking water reservoirs.

In India, rain-fed farming is responsible for 40% of total food production. That makes it a crucial contributor to the country's food security as well as overall economy. **ET Online**

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CHANGE OF NAME

I, SHOBA.C.R, W/o. K Natarajan, D.O.B: 11/11/1971, R/o No.47 1st Floor,1st Main, R B I Layout,Willson Garden Society J P Nagar 7th Phasa Bangalore-560078, have changed my name to SHOBHA. C.R, vide affidavit dated: 30.05.2023 before notary CHANDRAKALA, Bengaluru

I Vijaykumar Dekappa Benagi S/O, Dekappa Benagi R/o No.45 ,kasturi Nivas , 2nd Cross Bloom Field Garden, ramachandrapura have changed my name to Vijayakumar Benagi

I Pratham,S/o Vaijanath Rayannavar,R/o Om Sai, Plot# 567, Doordarshan Nagar,Belgaum have changed my name from Pratham to Pratham Vaijanath Rayannavar for all future purposes

I, JAYALAKSHMI VAJRAIAH, W/o. G.REVAIAH, D.O.B: 17/08/1955, R/o No.13 Chennakrishnappa Street, Palace Gutthalli Bangalore-560003, have changed my name to JAYALAKSHMAMMA, vide affidavit dated: 30.05.2023 before notary Chandrakala, Bengaluru

I, Sajish Kumar R/o G10 Jagath Premier Residency Second Cross Ct Street, Marathalli, bengaluru, 560037 have changed my minor daughter's name from Samritha Sajish Kumar Nambiar to Samritha Nambiar

I Gautham Vinod Kumar S/O, K Vinod Kumar R/o 35d, Cozy Home Layout, Hosahalli Road, Sompura Gate, Sarjapur, Bangalore - 562125 have changed my name to Gautham Vinod for all purposes.

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'Our trees have the highest survival rate because we follow a unique process'

CONTINUED FROM PAGE 1

While it seems like a small number, the group claims that 90% of the saplings planted by them so far have survived. This is because of a strict process put in place by these septa- and octogenarians.

"Our trees have the highest survival rate because we follow a unique process. For us, tree planting is a lot like child adoption. We conduct several checks before planting trees for those who request it- like whose land it is, who will water and how, and the protection plan. Only when these criteria are fully met and clarified in writing do we plant the trees. This reduces the need for follow-ups," said Sarojini Sarathy, the 89-year-old trustee and secretary of the initiative.

The group says while the city's green cover is disappearing fast now, the current generation is far more aware of the need for planting trees. This is a healthy sign and is heartening to witness.

They say when they started, people were worried that their car parking will be occupied by trees, their compounds will be littered with leaves, and the roots of trees will uproot their buildings, etc. There was much resistance and hesitation toward tree plantation.

"Now, people are more aware more so, after covid, and the appreciation for fresh free oxygen and a good quality of life, if not with a raised concern for the survival of their loved ones," said Clement Alberts, a 76-year-old volunteer of reforestindia.org.

The team also spreads awareness among children on the importance of greening the city and makes them aware of the role that trees play in our environment.

"A simple exercise that we conduct is to ask children to see how long they can hold their breath (without suffocating). After a few seconds, they give up. We then tell them that this is exactly how long we can live without trees. We need trees for every single breath. No trees, no life," said Sarathy.

The elderly, however, raise concerns about Bengaluru's newfound love for exotic species. According to Janet, most of the native trees that filled the city in the 1970s are long gone.

"The beautiful tamarind trees that shaded the highways have vanished. So have the banyans, mangos, and Jamuns. The city is now infested with exotics trees such as Tabubia Avalande, Tabubia Rosea, Tecoma argentea, Gulmohar, jacaranda, etc. From an ecological point of view, these trees are a disaster. We cannot plant trees from foreign lands simply because we like the color of the flowers. The local birds and animals don't feed on their fruits and their pollen and they add to respiratory issues. It's best to think and plant locally," they said.

HEALTH TIP: Maintaining a balanced diet rich in vitamins and minerals, such as biotin, vitamin E, and iron, can contribute to overall nail health

Regularly trimming and filing your nails helps prevent them from becoming weak and prone to breakage

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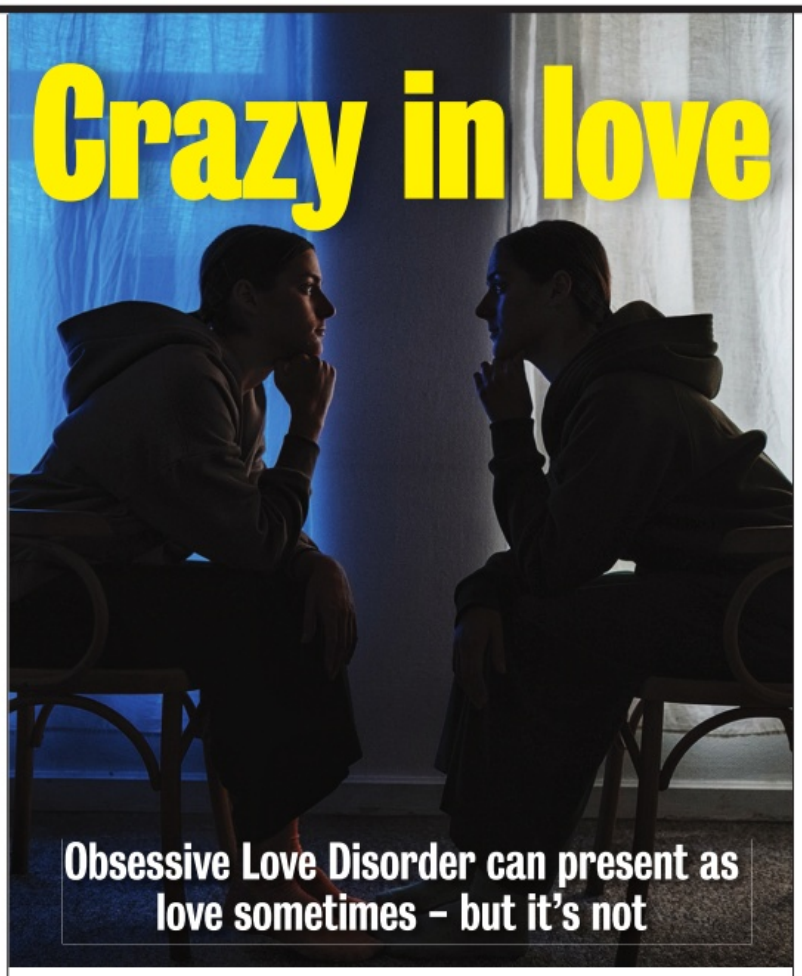
Crazy in love



Obsessive Love Disorder can present as love sometimes – but it's not

Have you ever been head over heels in love with someone? It's a wonderful feeling, but what happens when love turns into an unhealthy obsession? That's when Obsessive Love Disorder comes into play. Also known as erotomania, it is a rare but dangerous condition that can have severe consequences for both the person with the disorder and the person they are fixated on.

It is not your average heartbreak. It's a condition that can lead to stalking, harassment, and even violence. While the disorder is rare, it's important to understand the signs and symptoms to protect yourself or your loved ones. Some of the most common symptoms of Obsessive Love Disorder include excessive and intrusive thoughts about the object of affection, persistent and irrational belief that the object of affection loves them back, stalking, and monitoring the person's every move, extreme jealousy, and engaging in extreme or dangerous behaviour to get the person's attention.

Symptoms

Obsessive Love Disorder can have a profound impact on a person's life, causing them to lose touch with reality and engage in dangerous or illegal behaviour. It's essential to seek professional help if you or someone you know is experiencing symptoms of this disorder. Here are the red flags that indicate it's time to take action:

- Can't stop thinking about the person, even when it's not appropriate
- Believing the person loves you back despite a lack of evidence
- Stalking and checking the person's every move
- Extreme jealousy and possessiveness
- Refusing to accept rejection or end the relationship
- Risking your life and others' to get the person's attention
- Isolating yourself from friends and family
- Mood swings that put you on a rollercoaster ride
- Losing your grip on reality and unable to function
- Denying help and avoiding seeking professional assistance

Causes

Here are some of the most common causes:

Borderline personality disorder

Borderline Personality Disorder is a mental health condition that affects a person's ability to regulate emotions and behaviour. People with Borderline Personality Disorder often struggle with intense and unstable relationships, which can lead to obsessions and infatuations with romantic partners. This can contribute to the development of Obsessive Love Disorder.

Attachment disorders

Attachment Disorders can develop when a child is deprived of emotional care and support during their early years of life. This can lead to difficulty forming healthy relationships in adulthood, which can contribute to Obsessive Love Disorder.

Erotomania

Erotomania is a rare delusional disorder where a person believes that another person is in love with them. This can lead to persistent and intense feelings of love and infatuation towards the object of affection, which can contribute to the development of Obsessive Love Disorder.

Trauma and fears of abandonment

Trauma and fears of abandonment can contribute to the development of Obsessive Love Disorder. People who have experienced trauma, such as childhood abuse or neglect, may struggle with forming healthy relationships in adulthood. Fears of abandonment can lead to obsessions and infatuations with romantic partners, which can develop into Obsessive Love Disorder.

Narcissistic Personality Disorder

Narcissistic Personality Disorder is a mental health condition that affects a person's ability to form healthy relationships. People with this disorder often have an exaggerated sense of self-importance, which can lead to obsession with romantic partners. This can lead to Obsessive Love Disorder.

Social and cultural norms

Social and cultural norms can also contribute to the development of Obsessive Love Disorder. Societal pressure to be in a romantic relationship or to be with a specific type of person can lead to obsession and infatuation with romantic partners, which can contribute to the development of this disorder.

Obsessive-compulsive disorder (OCD)

Obsessive-Compulsive Disorder is a mental health condition characterised by intrusive thoughts and repetitive behaviours. People with OCD may develop obsessions and compulsions related to their romantic relationships, which can contribute to the development of Obsessive Love Disorder.

Diagnosis

Diagnosis of this disorder is not always straightforward, as the symptoms can be mistaken for normal infatuation or romantic interest. Here are some common ways it can be diagnosed:

> **Obsessive Love Disorder can have a profound impact on one's life, making them lose touch with reality/ engage in illegal behaviour**

Psychiatric Evaluation

A psychiatric evaluation can help diagnose Obsessive Love Disorder. During the evaluation, a mental health professional will ask the patient about their symptoms, medical history, and family history. The evaluation may also include psychological testing to determine if the patient has Obsessive Love Disorder or another mental health condition.

Diagnostic Criteria

The Diagnostic and Statistical Manual of Mental Disorders (DSM) provides diagnostic criteria for Obsessive Love Disorder. According to the DSM, a person must meet specific criteria to be diagnosed with Obsessive Love Disorder, including:

Persistent and intense love or infatuation with someone who does not reciprocate the feelings.

The person believes that the object of their affection has romantic feelings towards them, despite evidence to the contrary.

The person experiences significant distress or impairment in their social, occupational, or other areas of functioning due to their feelings.

Treatment

Treatment for this disorder may involve a combination of therapies, medications, and lifestyle changes. Here are some of the most common treatment options:

No contact

One of the most effective ways is to cut off contact with the object of affection. This can help reduce the intensity of the feelings and allow the person to focus on their own mental health and well-being.

Stay busy

Staying busy with activities that are engaging and enjoyable can help distract the mind from obsessive thoughts and feelings. This can include hobbies, exercise, or spending time with friends and family.

Practice mindfulness

Mindfulness practices, such as meditation and deep breathing, can help reduce anxiety and obsessive thoughts. These practices can also help increase self-awareness and self-regulation, which can be helpful in managing symptoms of Obsessive Love Disorder.

Therapy

Cognitive-behavioural therapy (CBT) can help patients identify and challenge negative thoughts and beliefs that contribute to obsessive thoughts and feelings. Psychodynamic therapy can also be helpful in addressing underlying emotional issues that contribute to Obsessive Love Disorder.

Medications

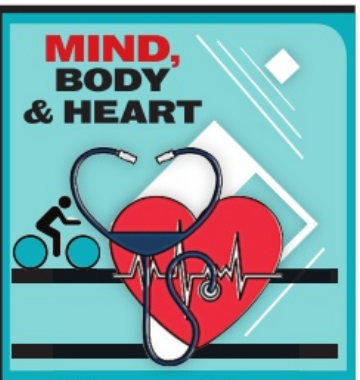
In some cases, medications may be prescribed to help manage symptoms. Antidepressants and anti-anxiety medications can help reduce anxiety and depressive symptoms that may contribute to obsessive thoughts and feelings.

Obsessive vs real love

Real love is characterised by mutual respect, trust, and support between partners. It is built on a foundation of communication, compromise, and empathy. In contrast, Obsessive Love is characterised by a preoccupation with the partner that can become intrusive and unhealthy.

It's important to note that while obsessive love can feel intense and all-consuming, it is not sustainable or healthy.

— Mehak Jain (Femina)



All problems solved

Dear Coleen

I feel very sad that my parents aren't more involved in my children's lives. When they retired, they moved 70 miles away and we hardly see them.
We visit them occasionally, but their house is small so we stay at a nearby B&B.
They almost never come to us, and when they do, it's a flying visit and they seem eager to get back.
My kids are always asking why we don't see more of them . It really hurts that they don't make more effort.
My husband's mum and dad couldn't be more different - they're always offering to come over and help or babysit.
Is it worth even broaching this subject with my parents or will I just feel let down all over again? I'd love your take on it.

COLEEN SAYS

Well, you probably won't like this, but I think you have to let them be what they want to be.
Yes, at the end of the day, it's their hard luck because your kids will be closer to your husband's parents.
One day they might regret it.
I understand it's hard for you because you want your children and your parents to be close.
Why not have the conversation with them and accept that you might feel let down? Maybe you could visit them more often if they're homebodies .
I have heard from grandparents in the past who feel very strongly that they've brought up their own kids and don't want to get involved in childcare or babysitting their grandchildren. Personally, I don't get that – I'd love the opportunity to be a proper grandparent.
So it's OK to feel disappointed, but don't fall out with your parents over it. Be disappointed for them, because they really are missing out.

—Coleen Nolan, Daily Mirror

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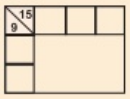
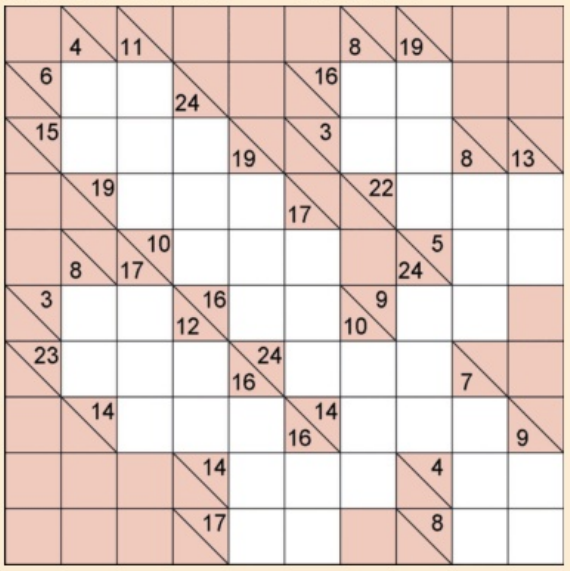
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

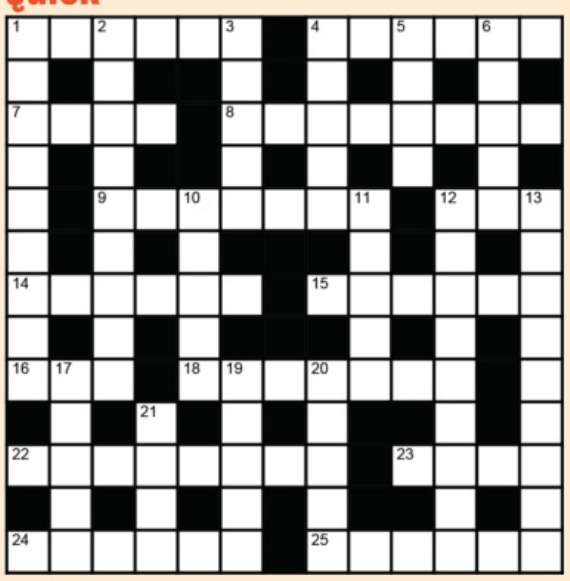


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Struck light blows (6)
4 Nervous cricket score (6)
7 Sworn word (4)
8 An Austrian prince (8)
9 Citrus fruits (7)
12 Looked at (3)
14 Task (6)
15 A minister, for us Indians? (6)
16 Varsity (3)
18 Pays heed (7)
22 Sanctify (8)
23 Short skirt (4)
24 Grimy, dirty or shabby (6)
25 The positive electrodes (6)

DOWN

1 Bride's store of clothes, etc (9)
2 Mixture of dried flower petals (9)
3 Sketched (5)
4 Shallow recess in the wall (5)
5 Meeting point (4)
6 ___ _ chance : dare ? (4,1)
10 Make void, cancel or nullify (5)
11 Relative extent (5)
12 Met the requirements (9)
13 Harmless or trivial untruths? (5,4)
17 ___ Hills: Scenic spot around 60 kms from Bangalore (5)
19 In a frigid manner (5)
20 Greek letter (5)
21 Closed (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS H

XQO XS WAO LVLOTW WAFQJT WAVW V KVQ OIOL YXOT, FT WX YX WAO UOTW AO RVQ.

Linemaro

Storm clouds may gather and stars may collide, but I'll love you until the end of time

Mindchow

At the innermost core of all loneliness is a powerful yearning for union with one's inner self

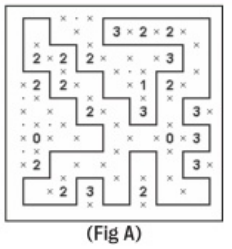
Joke of the day

Police arrested two kids yesterday – one for drinking battery acid, the other for eating fireworks. They charged the first one and let the other one off

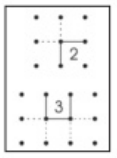
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

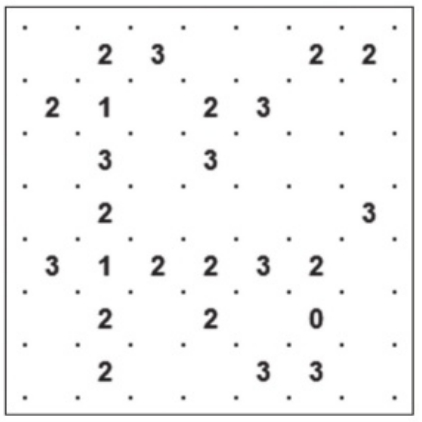


(Fig B) Not Allowed

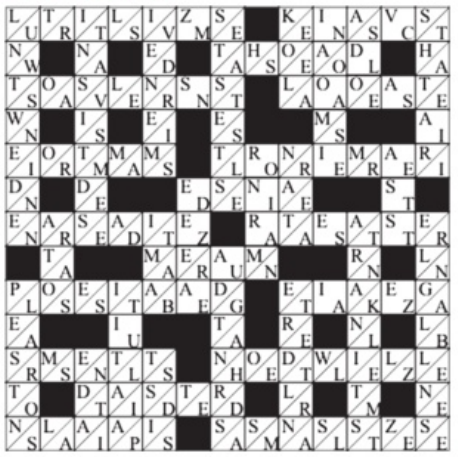
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



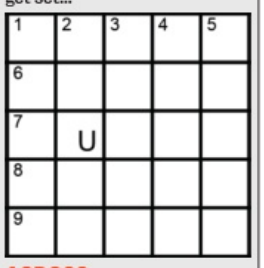
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 A cosh; 6 Short; 7 I a duo; 8 Refer; 9 Brief

DOWN

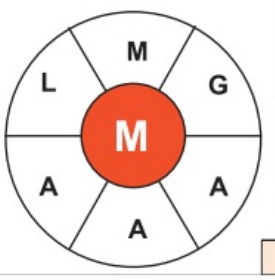
1 Haf Cf; 2 I hour; 3 Beard; 4 I rose; 5 Rotes

Mensapuzzle

What number should replace the question mark?

15	2	7	10
7	8	3	4
21	6	11	16
13	4	7	?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

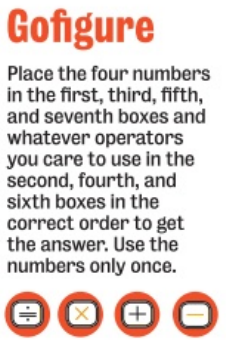
SudokuChallenge

6		8					5	
5	9			4	1		3	
			8			4		
8				1		6		
1			3		5			8
		7		9				3
		6			3			
	3		4	7			8	2
	8					3		5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

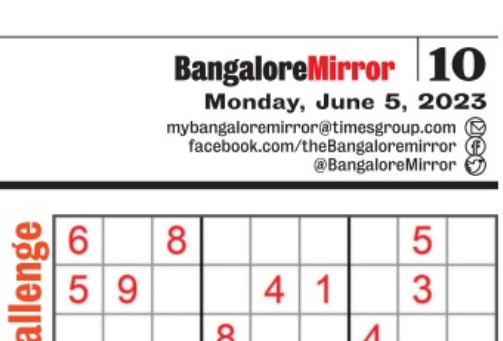


Easy = 8
2 4 5 9

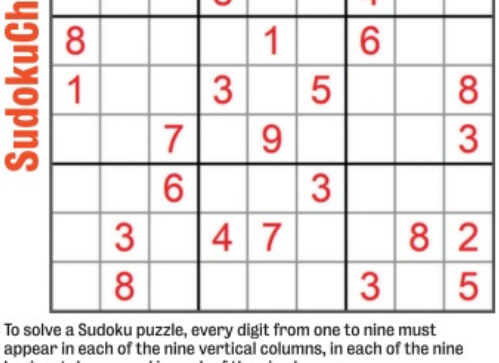
Medium = 20
4 5 6 6

Hard = 5
8 1 7 3

Hocusfocus



Find at least six differences in details between panels.



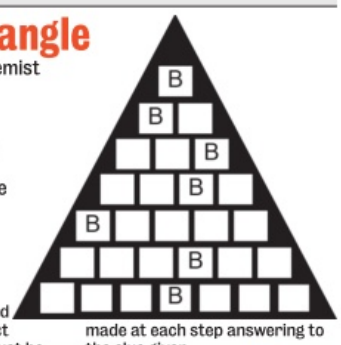
Differences: 1. Letter "N" is fixed. 2. Ear is different. 3. Hat is larger. 4. Paintbrush is longer. 5. Man is thinner. 6. Paint can is moved.

Riddler

How can the number four be half of five?

Alpha triangle

1 Boron for the chemist
2 Bushel, abbr.
3 Massage
4 Hillbilly
5 More depressed
6 Cut timber
7 Makes a low noise



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HOW COME YOU KEEP RAISING YOUR PRICES, MEDICINE MAN?!
DON'T BLAME ME! MY EXPENSES KEEP GOING UP, SO I HAVE TO PASS IT ON TO MY PATIENTS
3-17
I'D LIKE A WORD WITH YOU!
GOLF SUPPLIES

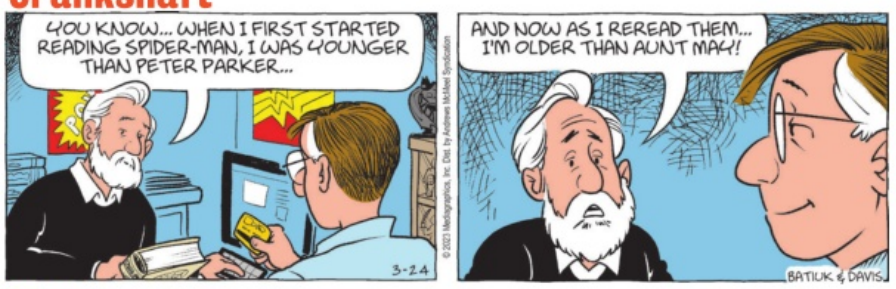
Bizarrotrip

Diamond Lil

Hart of the city

DAD! I'VE BEEN TRYING TO CALL YOU FOR A WEEK!
SORRY! I'VE BEEN WORKING!
GOOD! THAT'S WHAT I NEED HELP WITH! I NEED TO WRITE ABOUT MY PARENT'S JOB, SO I HAD QUESTIONS.
GREAT! ASK AWAY!
OKAY, UH... WHAT ARE YOU DOING NOW?
TALKING TO YOU!
DAAAADD!

Crankshaft


YOU KNOW... WHEN I FIRST STARTED READING SPIDER-MAN, I WAS YOUNGER THAN PETER PARKER...
AND NOW AS I REREAD THEM... I'M OLDER THAN AUNT MAY!
3-24
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your tendency to overspend may likely affect your savings. You should be careful while expressing yourself in work and on the domestic front as well. You should avoid lending money and postpone making important decisions in real estate and other asset issues. Try to avoid a tendency of shirking your responsibilities.

Taurus Apr 21 – May 20
Today, with the help of your strong network, you may implement your business plans. Use your wisdom to gain profits. You may also experience harmony in your domestic life with good understanding between you and your spouse. Natives related to metal and booking agents will fare better.

Gemini May 21 – Jun 21
Today, you may be passionate about your work. Avoid mixing your brain with your heart when making important decisions. It is advised to follow your intuition before making decisions related to business, job, and investments. You may have a heavy workload, but blessings from elders may help you control this messy situation.

Cancer Jun 22 – July 23
Since morning, you may have some peace of mind, and you are not in a hurry today, which may reflect in your way of working. Your destiny may help you complete your postponed projects and targets. Show patience in your domestic life to maintain harmony. You may experience some skin and stomach-related issues.

Leo Jul 24 – Aug 23
Today, you may be a victim of negative thoughts and feel dull. Your impatient nature and arrogance may hold you back from making difficult decisions. You may need the blessings of your elders, which will help you grow in your work. Avoid making investments in dead assets. Lovebirds should avoid discussing bad moments.

Virgo Aug 24 – Sep 23
Today is good for your work; you may be able to perform well. Your boss may give you some new responsibilities in terms of promotions. Disputes with your partner may be settled down. You may lend money to acquire assets. Your kids' health may be better now, and you may make some investments for their future.

Libra Sep 24 – Oct 22
Today, you may be blessed by the moon. Love will be in the air in terms of your personal life, and singles may find a suitable match. You may do well in your professional life, and your friends and subordinate staff may support you. Investments in gems and jewellery may yield positive gains in the near future. Be careful of elders' health.

Scorpio Oct 23 – Nov 22
You may be happy due to the blessing of an auspicious planetary combination. You may have a certain kind of energy that creates prestige among people around you. Spend time studying intellectual stuff.

Sagittarius Nov 23 – Dec 22
The day may start off dull, but after late evening, you may control negativity. New people may connect with you on the work front. With their help, you may try to revamp your business plans. It is advised to read documents carefully before putting your signature.

Capricorn Dec 23 – Jan 20
Today, with the help of blessings, you may gain control over your indecisiveness. Your kids' health is better now. Your colleagues may be supportive in your work, leading to success in your projects. You may expect to receive some incentives along with your salary. Natives involved in dairy, water projects, grains, home-making, art, and culture may fare well.

Aquarius Jan 21 – Feb 19
Today, you may be busy with domestic issues. You might take an interest in artifacts, movies, and fashion, which can improve your creativity. Spending money on buying artifacts and household items will improve your social status. You may become more polite with others and plan to visit a desired place with family or friends.

Pisces Feb 20 – Mar 20
Today, you may feel happier, and your internal vitality will boost your self-confidence. After a sound sleep, you will feel relaxed. Avoid carelessness when making decisions regarding finance, profession, and studies. You may enjoy some romantic moments with your spouse. Sometimes, you may face self-respect issues, so it's important to keep patience and avoid turning happy moments into bad ones.

KIDZONE

Dhanush P, 10 Years, Mysore West Lions Sevanikethan

Nibha Murgod, 6 Years, NPS School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
66 + 1 + 1
67 + 1
= 68

RIDDLER
IV, the Roman numeral for four, is half (two letters) of the word fly

BULL'S EYE
AMALGAM, gamma, lama, magma, mama

FAST FIVE

C	H	A	O	S
A	U	D	I	O
H	O	R	S	T
F	R	E	E	R
F	I	B	R	E

STRIKE OUT

S	L	A	P	S		A	M	A	S	S	E	S		
O		T	I	D	E	D		R		T		E		
S	M	E	L		T		N	O	T	W	E	L	L	
	E		U		A		E		L		B			
P	O	S	T	B	A	G		T	A	K	E	A		
	A		A	R	U	M			N		N			
E	R	S	A	T	Z		A	T	E	A	S	E		
N		E		E	S	N	E		S					
I	O	T	A	S		L	O	R	I	M	E	R		
W		I		I		E		M		I				
T	A	V	E	R	N	S		L	O	O	S	E		
N		N		D		A	H	E	A	D		H		
U	T	I	L	I	Z	E		E	N	A	C	T		

QUICK

F	I	L	T	H	Y		A	N	O	D	E	S		
	D		U		L		T			E		E		
S	H	R	I	N	E		M	I	N	I				
A		S		C		H		F		L				
U	N	I		L	I	S	T	E	N	S		E		
A		R		U		L		I		T				
E	R	R	A	N	D		M	A	N	T	R	I		
S		U		N		C		A		H				
O	R	A	N	G	E	S		S	A	W				
U		P		W		H		E		E				
O	A	T	H		A	R	C	H	D	U	K	E		
R		O		I		O		A						

MENSA PUZZLE
10: in each row and column the difference between alternate digits is the same, ie 16 – 10 = 10 – 4

QUOTE UNCODE
One of the rarest things that a man ever does, is to do the best he can.

SUDOKU

7	8	4	1	2	9	3	6	5
9	3	5	4	7	6	1	8	2
2	1	6	5	8	3	9	7	4
4	6	7	2	9	8	5	1	3
1	2	9	3	6	5	7	4	8
8	5	3	7	1	4	6	2	9
3	7	1	8	5	2	4	9	6
5	9	2	6	4	1	8	3	7
6	4	8	9	3	7	2	5	1

ALPHA TRIANGLE
8, 8u, Huh, Hubb, Bluer, Lumber, Rumbles.

GO FIGURE
Easy
5 – 2 – 4 + 9 = 8
Medium
6 x 5 – 4 – 6 = 20
Hard
8 + 7 x 1 / 3 = 5

LOOP

KAKURO

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INTERVIEW | POOJA HEGDE, ACTRESS

Perseverance pays

Actress talks about highs and lows of career graph and how she takes it all in her stride

Pooja Hegde's career has had its ups and downs. But she isn't affected by the highs or the lows. In a chat with Bharti Dubey of ETimes, she talks about success, failure and setbacks. Read on…

You've completed a decade in films this year. How do you look back at your career?

It doesn't feel like it's been 10 years. From the moment I did my first film, I kept working every year. I even did a Tamil film without knowing if I wanted to do it. Not that I was unsure about working in Tamil films, but my mom encouraged me to give it a try, saying I wouldn't know if I liked it unless I tried. During that film, I realised I enjoyed the process and decided to focus on selecting films based on the plot. I had to figure it out on my own without guidance. After that film, I went through a year without any work. I patiently waited for the right opportunity to come my way, attending auditions but often not getting the roles. Despite the setbacks, I remained enthusiastic and never thought that it wouldn't happen for me. I always wondered when the work that I desired would come my way.

How did you maintain a positive attitude when you weren't getting work?

Deep down, I always knew I would make it. I never considered having a Plan B. I genuinely believe that a stubborn heart can win over the universe. Of course, there were stressful times, but I persevered. My mother has always been a source of inspiration in that regard.

Success and failure are part of an actor's journey. How do you handle them?

I treat success and failure equally. As Michael Jordan said, "You're only successful until you have done the act. Then you have to prove it again." I am thrilled when a film does well and receives appreciation, but I quickly move on. I maintain the same attitude towards failure. My focus is on doing good work and not becoming too attached to a film's outcome. Box office failure doesn't necessarily determine the quality of a film.

You can read the entire interview by scanning this QR code

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Villain is now hero

Mateen Hussain has moved on from being a villain to playing the hero in the film Road King. Road King is said to have been shot over Skype chat by Hollywood director Rand Kent. "I got an opportunity to play a villain in Mathe Mungaru in 2010. I was introduced to director Dwaraki through one of my relatives," narrates Mateen.

After this, Mateen participated in a reality show – Stir Up Your Dreams - where he got a chance to meet Anupam Kher. "I was in the top 10 in the country. Mahima Chaudhry, who was a judge at the show told Anupam Kher about me. Later I received a letter from Anupam Kher offering a free seat at the school," he said. "The movie is about a person who wants to live on his own terms," he said.

Iravan to arrive soon

Karthik Jayaram, who earned name for his performance in tele serials, is busy with promotion of his latest movie Iravan that is scheduled for release on June 16. Ram Ranga debuts as a director in Sandalwood with Iravan. "I am grateful to all those behind the success of Iravan's teaser. I want to clear all doubts that Iravan is a dubbed version of a Hindi movie. This movie is 100 per cent Kannada. It is a suspense thriller. I congratulate director Ram Ranga and thank producer Dr Niranthara Ganesh," said Karthik. Dr Ganesh said the director narrated the script to him during the pandemic. "Many artistes and technicians were facing a lot of problems due to the pandemic. My objective was to help them," said Ganesh.

Ram Ranga said Iravan is the name of a character in Mahabharata.

Evil designs

Vijay Varma is on a roll, delivering one stellar performance after another.Talking about his latest 'Dahaad', he said he is very proud of the project and its compelling story.

He also told a news portal that he was in doubt as to how the audience will perceive his twisted and dark character in the show but when appreciation began pouring in he was relieved.

Having played characters that have similar shades, Vijay said that he doesn't fear getting typecast. He stated that he isn't worried because he has enough arsenal in his acting that can change his image and notion over the next few years. Vijay also added that currently is enjoying being 'deliciously evil'. **ETimes**

Red-carpet nerves

Alia Bhatt was the talk of the town last month when she made her debut at the Met Gala. Her style was based on a 1992 bridal look created for Chanel by and modelled by Claudia Schiffer.

In a BTS video shared by Prabal, he has revealed how things unfolded.

Alia saw her dress in reality only when she reached New York. In the video, the actress is seen walking into a room with her eyes closed and when she saw the dress, it was exactly as she had imagined it to be. Later Prabal revealed to her that there were 1,00,000 pearls in the dress, while the embroidery is done in India, fabric has come from France and it has been brought together in New York. Alia revealed that on the day of the event she woke up and was a bundle of nerves. She admitted that she was feeling as nervous while walking the red carpet as she felt on the day she married Ranbir Kapoor. **ETimes**

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